



**January 7th  
Through  
February 25th**

**Gentle Yoga**

**Saturdays  
9:30 am**

## **Gentle Yoga & Tai Chi**

**The CAPERoom**

**Chattanooga Fitness Center at Warner Park**

**With**

**David Nazar**

**GENTAL YOGA:** Saturday mornings at 9:30am, starting January 4th, for eight weeks. Gentle Yoga is a flowing style of Yoga suitable for everyone, and especially helpful for people with back injuries. The cost for eight classes is \$40.00.

**TAI Chi:** Saturday mornings at 10:45 am, also starting January 4th, and running for eight weeks. The slow, graceful movements of tai chi are as beautiful to watch and perform as they are good for your health and well-being. Learn Temple Exercises and the beginning of the Short Yang Form. The cost is \$32.00 for all eight classes.

**SIGN up for both classes for ONLY \$70.00 (All major credit cards accepted). Call (423) 503-2366 or e-mail at [dnaz@comcast.net](mailto:dnaz@comcast.net) for more information. Register early as class space is limited.**

**DAVID NAZAR** has been a certified yoga instructor since 1985, and has been teaching yoga and tai chi in the Chattanooga area for almost 20 years. David uses only positive reinforcement in his teaching.

## **Tai Chi**

**Saturdays  
10:45 am**



**PARKS  
RECREATION  
ARTS  
CULTURE**

